

Abstract

Title: The influence of feedback to improve freestyle techniques in children's categories 6 - 9 years old

Objectives: The aim of the thesis is to evaluate the effect of feedback to improve freestyle swimming techniques in children's categories 6 - 9 years.

Methods: In this work, we used the methods of observation, expert assessment and analysis of video recordings in the training pool.

To compare the effect of feedback on improving techniques be taught in groups monitored identical in content.

Results: The results of our study show that the subsequent feedback through videos and verbal description has a positive influence on changing a crawl technique in children's categories 6 - 9 years.

Key words: swimming, front crawl stroke, children swimming technique, analysis of videotapes